

**CHAPTER I**  
**MEAT AND MEAT ALTERNATES**

***BACON-CHEESEBURGER \****

Makes approximately 100 servings – 2 oz. protein each.  
1 teaspoon butter or margarine each serving.

Bake in 400° oven.

**INGREDIENTS**

**WEIGHTS**

**MEASURES**

Cheese grated	12 ½ lbs.	3 ½ gal. (or 14 qts.)	_____
Onion, chopped		3 cups	_____
Cooked bacon, chopped, <u>or</u> Baco Bits		4 cups	_____
Prepared mustard		1½ cups	_____
Tomato paste		4 cups	_____
Vinegar		1 ½ cups	_____
Celery salt		¾ tsp.	_____
Cinnamon		1 ½ tsp.	_____
Mace		¾ tsp.	_____
Sugar, granulated		¾ cup	_____
Hamburger buns, sliced		100	_____
Butter, or margarine, soft		2 cups 4 tsp.	_____

**DIRECTIONS:**

1. Combine first 10 ingredients in mixer.
2. Place both halves of buns on a large bun pan (18" x 26" x 1") with cut sides up.
3. Brush soft butter over both halves of buns.
4. Place a No. 8 dipper of cheese mixture on bottom half of each bun
5. Turn dipper over and mash cheese mixture down with back of dipper.
6. Bake as needed in a hot oven (400°) about 8 minutes or until bun tops toast and cheese melts. Serve a bun (2 halves) to each child.
7. Bake about 4 minutes in convection oven at 350° F.

**NOTE:** This cheese mixture can be made up in advance and refrigerated. Bring to room temperature before spreading on buns.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	382	Iron.....	4.81 Mg	Protein.....	16.72 G	17.52%
Cholesterol.....	36* Mg	Calcium.....	396.15 Mg	Carbohydrates.....	31.41 G	32.92%
Sodium.....	1297 Mg	Vitamin A.....	188* RE	Total Fat .....	20.83 G	49.11%
Fiber.....	1.77* G	Vitamin C.....	4.80* Mg	Saturated Fat.....	10.32 G	24.33%

- Adapted from “*Recipes*” by American Institute of Baking, Chicago, Illinois.

**CHEESE OR MEAT SALAD \***

Makes 100 servings – 2 oz. protein each.

**INGREDIENTS****MEASURES**

Cooked lean meat, chopped \*\*

4 - # 2 ½ cans, Special Purchase (or 5 lbs.)

Celery, finely chopped

3 cups

Onion, finely chopped

¼ cup

Eggs, hard-cooked, chopped

5 doz.

Mustard, prepared

½ cup

Salad dressing

1 qt. (or 4 cups)

Relish

1 pt. (or 2 cups)

Paprika

¼ cup

\*\* For cheese salad use 12 ½ lbs. cheese, cubed. Mix as directed.

**DIRECTIONS:**

1. Mix seasonings with salad dressing.
2. Add all ingredients, mix lightly, chill, serve with a #12 dipper (1/3 cup).

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	112	Iron.....	0.63 Mg	Protein.....	9.09 G	32.48%
Cholesterol.....	140 Mg	Calcium.....	20.48 Mg	Carbohydrates.....	4.43 G	15.83%
Sodium.....	496 Mg	Vitamin A.....	70 RE	Total Fat .....	6.27 G	50.44%
Fiber.....	0.19 G	Vitamin C.....	0.52 Mg	Saturated Fat.....	1.52 G	12.19%

- Adapted from *Louisiana State News – School Lunch Section*.

**CHEESE SPREAD \***

Makes 100 servings – 2 oz. protein each.  
 (# dipper) 2 2/3 Tablespoons

INGREDIENTS	WEIGHTS	MEASURES	
American cheese	12 ½	12 ½ qts. shredded	_____
Chopped pimentos		3 small cans	_____
Sweet pickles		12	_____
Vinegar, sweet pickle		3 Tbsp.	_____
Sugar		3 Tbsp.	_____
Salad dressing		1 qt. (or 4 cups)	_____

**DIRECTIONS:**

1. Grind cheese, pimentos and pickles. Let stand until cheese softens.
2. Add vinegar, sugar and salad dressing. Mix well. Add more salad dressing if mixture is too stiff. Serve on lettuce on plate or use as sandwich spread.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	228	Iron.....	0.53 Mg	Protein.....	11.15 G	19.58%
Cholesterol.....	42 Mg	Calcium.....	325.81 Mg	Carbohydrates.....	7.40 G	13.00%
Sodium.....	1009 Mg	Vitamin A.....	130 RE	Total Fat .....	16.99 G	67.09%
Fiber.....	0.07 G	Vitamin C.....	1.72 Mg	Saturated Fat.....	9.36 G	36.99%

- Submitted by Mrs. Pearl Grizzell, Manager, Visalia Elementary School, Kenton County, KY

**CHEESE DREAMS \***

Makes 100 servings (2 bun halves).  
1 serving gives 2 oz. meat alternate.

Bake in 450° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Nonfat dry milk

3 oz.

Water

3 cups

Cheese, processed

9 lbs.

Cheese American sharp

3 lbs.

Shell eggs

1 ½ cups

Hamburger buns, sliced

8 ½ doz.

Butter or margarine

1 lb. 2/3 oz.

**DIRECTIONS:**

1. Reconstitute dry milk.
2. Grate both kinds of cheese
3. Heat milk
4. Use flat beater and machine on No. 1 speed
5. Add hot milk to cheese and eggs gradually then beat 1 minute on No. 2 speed.  
Mixture will look coarse.
6. Place cut buns on 18" x 26" bun pans with cut side up. With flat spatula spread each bun half with ½ teaspoon butter.
7. Place a No. 50 scoop of cheese mixture on each bun half. Spread almost to edge of bun.
8. Sprinkle each bun half with paprika.
9. Bake in hot oven 450° - conventional oven for 5 minutes  
or 400° - convection oven until cheese melts.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	354	Iron.....	1.85 Mg	Protein.....	15.86 G	17.91%
Cholesterol.....	56 Mg	Calcium.....	406.38 Mg	Carbohydrates.....	25.31 G	28.58%
Sodium.....	1031 Mg	Vitamin A.....	172 RE	Total Fat .....	20.92 G	53.16%
Fiber.....	1.16 G	Vitamin C.....	0.11 Mg	Saturated Fat.....	10.52 G	26.72%

- Recommended by Mrs. Joy Hill, Supervisor, Clayton County School Food Service, Jonesboro, GA

***HOT BROWN \****

The **HOT BROWN** was so named because it originated at the BROWN HOTEL, Louisville, KY

Makes 100 sandwiches.

Bake in 400° oven.

2 oz. protein each.

2/3 teaspoon butter or margarine each serving.

**INGREDIENTS****WEIGHTS****MEASURES**

**Sauce:** Butter or margarine

¾ lb.

3 cups

Flour

¾ lb.

3 cups

Salt

1 1/8 oz.

1 ½ Tbsp.

Hot milk

1 ½ gal. (6 qts.)

Worcestershire sauce

3 Tbsp.

Dry mustard

2 ¼ tsp.

Yellow food coloring

1 tsp.

Enriched Bread

6 ¼ - 1 lb. loaves

100 large slices

Sliced Turkey Roll, or

100 – 1 oz.

Sliced Canned Chicken

(Cut 16 per lb.)

Sliced Cheese

100 – 1 oz.

(Cut 16 per lb.)

Crumbled bacon or Baco Bits

6 ¼ cups

Paprika

**DIRECTIONS:**

1. Melt fat in sauce pan, blend in flour, salt, dry mustard and Worcestershire sauce.
2. Stir in hot milk and cook until smooth and thick – about 15 to 20 minutes.  
Add food coloring
3. Remove from heat and stir in ground cheese.
4. Place bread on 18" x 26" x 1" pans - 40 slices to pan and toast until lightly browned.
5. Top toast with slice of turkey, slice of cheese, scant ¼ cup (No. 16 dipper) sauce, crumbled bacon, bacon bits or paprika.
6. Brown lightly in 400° F. oven before serving.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>sandwiches</b>

Calories.....	291	Iron.....	5.36 Mg	Protein.....	15.21 G	20.88%
Cholesterol...	31* Mg	Calcium.....	204.18 Mg	Carbohydrates.....	19.51 G	26.29%
Sodium.....	972 Mg	Vitamin A.....	67* RE	Total Fat .....	16.20 G	50.05%
Fiber.....	0.67* G	Vitamin C.....	0.00* Mg	Saturated Fat.....	6.75 G	20.84%
*Denotes Missing Nutrient Values						

- Developed for School Food Service by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY

**WILLIAM TELL SALAD \***

Makes 100 – ½ cup servings.

½ cup provides approximately 1 oz protein and 3/8 cup fruit and vegetable each serving.

INGREDIENTS	WEIGHTS	MEASURES	
Salad dressing		1 ½ qts. (6 cups)	_____
Lemon juice		1/3 cup	_____
Chopped onions		2 Tbsp.	_____
Salt		1 Tbsp.	_____
White pepper		½ tsp.	_____
Red-skinned apples	3 lbs.		_____
Cheddar cheese, shredded	6 ¼ lbs.		_____
Cabbage, shredded	6 lbs.		_____

**DIRECTIONS:**

1. Quarter, core and dice apples; sprinkle with lemon juice.
2. Combine salad dressing, onions, salt, pepper, apples, cheese, and cabbage mixing lightly
3. Chill and serve on lettuce leaf; garnish with an apple wedge.

**TIPS:**

- Cheddar Cheese, grated or cubed, may be placed in plastic bags and froze. Thaw and use as needed. Be sure to mark the amount of cheese in each bag.
- Apply a thin coat of butter to the cut surface of cheese to prevent drying out under refrigeration.
- Dip a loaf of cheese in hot water for easy removal of the wrapper
- Use a dry vegetable brush for removing cheese from a hand grater before washing it. This also works well for lemon or orange rind.
- For easy separation of slices of cheese (or meat) alternate corners when stacking the slices.
- Grated cheese, added to mayonnaise, gives zip to salads made with peaches, pears, or apples.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>½ cup</b>

Calories.....	178	Iron.....	0.37 Mg	Protein.....	7.48 G	16.85%
Cholesterol.....	35 Mg	Calcium.....	218.03 Mg	Carbohydrates.....	6.85 G	15.44%
Sodium.....	359 Mg	Vitamin A.....	83 RE	Total Fat .....	14.37 G	72.85%
Fiber.....	0.89 G	Vitamin C.....	9.52 Mg	Saturated Fat.....	6.48G	32.85%

- Prize winning recipe submitted by Mrs. Florence Bauer, Manager, Martin Luther School, Louisville, for contest conducted by Central Dairy Council.

**SPANISH RICE WITH CHEESE \***

Makes 100 servings.

(1 oz. cheese each serving)

¼ cup vegetable each serving.

1 teaspoon butter or margarine.

Bake in 325° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Uncooked rice

2 lbs.

5 1/3 cups

Tomatoes, canned

2 # 10 cans

Hot water

1 gal. (or 16 cups)

Chopped onion

1 lb.

3 cups

Chopped green pepper

1/3 lb.

1 cup

Cheese (cut in small pieces)

6 lbs.

1 ½ gal. (or 24 cups)

Butter or margarine

1 lb. 2/3 oz.

1 pint (or 2 cups & 3 tsp.)

Cayenne pepper

1/8 tsp.

**DIRECTIONS:**

1. Mix all ingredients in oiled or greased baking dish.
2. Bake at 325° F., uncovered about one hour.
3. Stir occasionally, as needed.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>¼ cup</b>

Calories.....	156	Iron.....	0.44 Mg	Protein.....	6.68 G	17.18%
Cholesterol.....	26 Mg	Calcium.....	181.46 Mg	Carbohydrates.....	5.12 G	13.15%
Sodium.....	516 Mg	Vitamin A.....	106 RE	Total Fat .....	12.15 G	70.29%
Fiber.....	0.52 G	Vitamin C.....	6.95 Mg	Saturated Fat.....	6.12G	35.40%

- Adapted from *Practical Cookery*, Department of Food Nutrition, Kansas State College.

**WEINER WINKS \***

Makes 100 servings.

(2 oz. protein each)

(1 teaspoon butter or margarine each serving)

Bake in 350° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Bread

100 slices

Cheese

6 ¼ lbs.

100 slices (1 oz. Each)

Wieners, all meat

10 lbs. (10 to lb.)

100

Toothpicks

100

Butter, or margarine (melted)

1 lb. 2/3 oz.

**DIRECTIONS:**

1. Place slice of cheese on bread, place wiener diagonally across cheese.
2. Bring 2 corners of bread up over wiener; place toothpick through bread into wiener to hold bread.
3. Brush with melted butter, toast in moderately hot oven until brown; SERVE HOT.  
(Convection oven 300°)

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz. servings</b>

Calories.....	357	Iron.....	1.15 Mg	Protein.....	13.03 G	14.60%
Cholesterol.....	55 Mg	Calcium.....	215.26 Mg	Carbohydrates.....	14.41 G	16.16%
Sodium.....	1050 Mg	Vitamin A.....	85 RE	Total Fat .....	26.89 G	67.83%
Fiber.....	0.57 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	11.27G	28.42%

- Adapted from *School Nutrition Topics* by The Borden Company.



**BAKED BEANS \***

Makes 100 servings - ½ cup servings.  
2 oz meat alternate each

Bake in 350° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Dry beans	9 ¼ lbs.	4 gal. (after cooking)	
Sliced bacon, <u>or</u> bacon bits	3 lbs.		
Onion, minced	3 lbs.	7 ½ cups	
Brown sugar	10 ½ oz.	1 ½ cups	
Tomato catsup		1 ½ cups	
Salt		2 Tbsp.	
Dry Mustard		2 Tbsp.	
Worcestershire sauce (if desired)		¼ cup	

**DIRECTIONS:**

1. Cook dry beans by usual method (or see recipe Card D-1
2. Chop bacon in 1" pieces. Fry bacon and take out of pan
3. Cook onion for a few minutes in bacon fat. Do not brown.
4. Add all ingredients except bacon. Mix and pour in baking pans.
5. Sprinkle bacon on top of beans. Bake 20 minutes in 350° oven.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>½ cup</b>

Calories.....	111	Iron.....	5.00 Mg	Protein.....	5.82 G	21.00%
Cholesterol.....	0* Mg	Calcium.....	37.60 Mg	Carbohydrates.....	18.39 G	66.36%
Sodium.....	277 Mg	Vitamin A.....	4* RE	Total Fat .....	1.23 G	10.20%
Fiber.....	2.98* G	Vitamin C.....	1.79* Mg	Saturated Fat.....	0.55 G	4.44%
*Denotes Missing Nutrient Values						

- Adapted from *Money Saving Main Dishes*, Bureau of Human Nutrition and Home Economics, Leaflet 289, Page 34.

***SPLIT PEA SOUP \****

Makes 100 – 1 cup servings.

(1 cup provides ½ cup cooked dry peas – 2 oz. meat alternate)

<b>INGREDIENTS</b>	<b>WEIGHTS</b>	<b>MEASURES</b>	
Dry split peas	10 lbs.	1 gal. & 1 ¼ qts.	_____
Boiling water		3 ¾ gal.	_____
Ground Beef	5 lbs.		_____
Onions, chopped	2 lbs. 13 oz.	1 ¾ qts. (or 7 cups)	_____
Sugar		2 Tbsp.	_____
Salt		½ cup	_____
Celery salt		¼ cup	_____
Water		6 gal.	_____
Flour		2 ½ cups	_____
Water		3 cups	_____

**DIRECTIONS:**

1. Sort and wash peas; add boiling water. Brown ground beef.
  2. Add beef, onions, seasonings and water to peas. Cook, covered for 3 hrs.
  3. Blend flour and water; add to soup. Simmer 10 minutes, stirring occasionally.
- SERVE HOT.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>1 cup</b>

Calories.....	407	Iron.....	1.12 Mg	Protein.....	7.94 G	29.73%
Cholesterol.....	13 Mg	Calcium.....	18.55 Mg	Carbohydrates.....	13.61 G	49.26%
Sodium.....	701 Mg	Vitamin A.....	0 RE	Total Fat .....	2.55 G	21.44%
Fiber.....	4.05 G	Vitamin C.....	0.09 Mg	Saturated Fat.....	0.90 G	7.95%

- Adapted from *Dry Split Peas for School Lunches*, by Mrs. Irene Best, Manager, Morgan County High School, West Liberty, KY.

**BEAN SOUP \***

Makes 160 servings.

(1 cup serving provides 2 oz. meat alternate and 1/8 cup vegetable)

INGREDIENTS	WEIGHTS	MEASURES	
Navy or pea beans	10 lbs.	1 ½ gal. & 1 cup	_____
Split peas	2 lbs.	4 2/3 qts.	_____
Water		3 ¾ gal.	_____
Tomato puree, <u>or</u> canned tomatoes, chopped		1 # 10 can	_____
Onions, chopped		1 ½ qt.	_____
Celery, chopped		1 qt.	_____
Salt		1 cup	_____
Ham shanks		6	_____

**DIRECTIONS:**

1. Sort and wash beans and peas. Add to boiling water. Boil 2 minutes.
2. Remove from heat. Cover and let soak 1 hour, cool and let beans and peas stand overnight in refrigerator.
3. Add other ingredients and simmer 3 hours, covered. Remove ham bones. SERVE HOT.

<b>Number of Portions</b>	<b>160</b>
<b>Size of Portion</b>	<b>1 cup</b>

Calories.....	113	Iron.....	2.19* Mg	Protein.....	7.55 G	26.64%
Cholesterol.....	1 Mg	Calcium.....	53.28* Mg	Carbohydrates...	20.50* G	72.39%
Sodium.....	727 Mg	Vitamin A.....	28* RE	Total Fat .....	26.89 G	4.14%
Fiber.....	7.76* G	Vitamin C.....	0.10* Mg	Saturated Fat...	11.27G	0.82%
*Denotes Missing Nutrient Values						

- Submitted by Mrs. Grace Adams, Former Manager, Thomas Jefferson High School, Jefferson County, KY

**COWBOY BEANS \***

Makes 100 servings.

(1 cup serving provides 2 oz. meat alternate and ¼ cup vegetable)

INGREDIENTS	WEIGHTS	MEASURES	
Beans, Uncooked **	9 ¼ lbs.	1 gal. & 1 ½ qts.	_____
Ground Beef	2 lbs.		_____
Celery, chopped		2 bunches	_____
Onions	3 lbs.	7 ½ cups	_____
Tomato paste		18 cups (1 ½ # 10 can)	_____
Chili powder		3 Tbsp.	_____
Pepper		3 Tbsp.	_____
Salt		½ cup	_____
Sugar		½ cup	_____

\*\* If beans have been cooked and drained, 12 ¾ qts. may be used.

**DIRECTIONS:**

1. See instructions for cooking beans, Card D-1. Recipe Card File.
2. Cook beans until tender. Brown beef, celery and onions; add tomato paste, chili powder, pepper, salt and sugar. Simmer 20 minutes.
3. Add to cooked beans. Heat until flavors are blended. SERVE HOT.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>½ cup</b>

Calories.....	100	Iron.....	2.25 Mg	Protein.....	5.74 G	22.90%
Cholesterol.....	5 Mg	Calcium.....	35.14 Mg	Carbohydrates.....	18.13 G	72.28%
Sodium.....	7341 Mg	Vitamin A.....	125 RE	Total Fat .....	1.42 G	12.71%
Fiber.....	4.41 G	Vitamin C.....	21.12* Mg	Saturated Fat.....	0.44 G	3.92%

- Submitted by Mrs. Conor, Former Manager, Alvaton Consolidated School, Warren County, KY

**TUNA APPLE SALAD \***

Makes 100 servings – ½ cup.

2 oz. meat alternate and ¼ cup vegetable/fruit mixture

**INGREDIENTS****WEIGHTS****MEASURES**

Canned tuna	13 lbs. 12 oz.	3 ½, 60 oz. cans	_____
Apples, pared, diced	4 lbs.	3 ¾ qts. (or 15 cups)	_____
Celery, chopped	2 lbs.	1qt. (or 4 cups)	_____
Raisins, if desired	1 lbs. 8 oz.	1qt. (or 4 cups)	_____
Mayonnaise	3 lbs.	1 ½ qts. (or 6 cups)	_____

**DIRECTIONS:**

1. Drain tuna and break into large pieces.
2. Combine all ingredients except salt. Mix lightly. Add salt to taste. Chill
3. Portion with a No. 8 scoop (1/2 cup) and serve on salad greens.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>½ cup</b>

Calories.....	197	Iron.....	1.21 Mg	Protein.....	16.35 G	33.27%
Cholesterol.....	26 Mg	Calcium.....	16.98 Mg	Carbohydrates.....	8.04 G	16.37%
Sodium.....	294 Mg	Vitamin A.....	24 RE	Total Fat .....	11.10 G	50.82%
Fiber.....	0.88 G	Vitamin C.....	1.86 Mg	Saturated Fat.....	1.30 G	5.97%

- Adapted from Fish and Shellfish Buying Guide and Quantity Recipes for Type-A School Lunches, Fishery Market Development Series No. 5, Fish & Wildlife Service, Bureau of Commercial Fisheries, Washington, D.C.

**TUNA AND NOODLE CASSEROLE \***

Makes 100 servings.  
2 oz. meat alternate each

Bake in 350° oven.

INGREDIENTS	WEIGHTS	MEASURES	
Water, boiling		2 ¼ gal.	_____
Salt		¼ cup	_____
Noodles, uncooked	4 ¼ lbs.	1 gal. (or 3 ½ qts.)	_____
Cheese, grated	2 lbs.	1 qt. (or 4 cups)	_____
Tuna fish	3 lbs.	3 – 60 oz. cans	_____
Medium white sauce (See Recipe Card H-8)		2 gals.	_____

**DIRECTIONS:**

1. Cook noodles in boiling salted water, stir occasionally, rinse with water, drain. Pour into greased baking pan and spread with grated tuna.
2. Top with grated cheese and cover with white sauce.
3. Buttered crumbs may be placed on top before baking in 350° oven.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	208	Iron.....	1.65 Mg	Protein.....	14.37 G	27.59%
Cholesterol.....	38 Mg	Calcium.....	23.63 Mg	Carbohydrates.....	23.63 G	45.37%
Sodium.....	622 Mg	Vitamin A.....	130 RE	Total Fat .....	6.03 G	26.05%
Fiber.....	0.66 G	Vitamin C.....	0.78 Mg	Saturated Fat.....	2.97 G	12.81%

- Submitted by Mrs. Melodean Hicks, Director, Marshall County School Lunch Programs, Benton, KY.

## ***TEXTURED VEGETABLE PROTEIN PRODUCTS***

Textured vegetable protein products are made from soybeans, cereal flours or other plant proteins. Dry or frozen textured vegetable protein products are available unflavored or flavored and uncolored or colored. Due to the variability in flavors added by processors, changes in recipes may be necessary whenever brands are changed. The colored product is less apparent in the prepared food. The unflavored colored product was judged desirable when using favorite recipes.

When using a textured vegetable protein product with seasonings added, you cannot rely on the information contained on the label of the product, as the instructions may not be accurate. The following information chart on page 16 was developed to assist you in the use of textured vegetable products without seasonings added.

Find weight of meat, weight of dry textured vegetable protein and volume of water needed at desired level of substitution for estimated participation.

### ***REQUIREMENTS FOR USING TVP PRODUCTS IN SCHOOL LUNCH RECIPES \****

*TVP may be used in school lunches when the following conditions are met:*

1. The TVP must meet specifications listed in USDA FNA Notice 219.
2. All TVP products shall bear a label identifying the product as being acceptable to the USDA.
3. The hydrated (water added) product shall be used only in combination with red meat, poultry or fish.
4. Meats used shall be ground and served as meat patties, meat loaves, meat sauce, chili, lasagna and pizza.
5. The hydrated TVP to be used will be not more than 30 percent of the total meat product by weight.
6. The 30 percent of the meat replacement (hydrated TVP) will consist of 12 percent TVP and 18 percent water.
7. The total formula will then be 70 percent meat, 12 percent TVP and 18 percent water. TVP must be thoroughly wet with water or liquid in recipe before mixing with meat.

- Consumer and Food Economics Research Division, Agricultural Research Service, U.S. Department of Agriculture, Washington, D.C.

**CONVERSION TABLE FOR USING TEXTURED VEGETABLE PROTEIN \***  
**COMPUTED AT 30 PERCENT LEVEL**

<b>Pounds of meat called for in recipe</b>	<b>Amount of meat needed to purchase (pounds)</b>	<b>+</b>	<b>Amount of Water (Pints)</b>	<b>+</b>	<b>Amount of TVP (pounds)</b>	<b>=</b>	<b>Meat &amp; TVP mix will yield (pounds)</b>
5 - 7	5	+	1.25	+	.75	=	7
8 - 10	7	+	1.8	+	1.2	=	10
11 - 14	10	+	2.5	+	1.5	=	14
15 - 21	15	+	3.5	+	2.5	=	21
22 - 28	20	+	5	+	3	=	28
29 - 35	25	+	6	+	4	=	35
36 - 42	30	+	7	+	5	=	42
43 - 50	35	+	9	+	6	=	50
51 - 57	40	+	10.25	+	6.75	=	57
58 - 64	45	+	11.5	+	7.5	=	64
65 - 71	50	+	12.5	+	8.5	=	71
72 - 78	55	+	14	+	9	=	78
79 - 85	60	+	15	+	10	=	85
86 - 92	65	+	16.5	+	10.5	=	92
93 - 100	70	+	18	+	12	=	100
101 - 107	75	+	19.25	+	12.75	=	107
108 - 114	80	+	20.5	+	13.5	=	114
115 - 121	85	+	21.5	+	14.5	=	121
122 - 128	90	+	23	+	15	=	128
129 - 135	95	+	24	+	16	=	135
136 - 142	100	+	25	+	17	=	142
143 - 150	105	+	27	+	18	=	150
151 - 157	110	+	28.5	+	18.5	=	157
158 - 164	115	+	29.5	+	19.5	=	164
165 - 171	120	+	30.5	+	20.5	=	171
172 - 178	125	+	32	+	21	=	178
179 - 185	130	+	33	+	22	=	185
186 - 192	135	+	34	+	23	=	192
193 - 200	140	+	36	+	24	=	200
201 - 207	145	+	37.5	+	24.5	=	207
208 - 214	150	+	38.5	+	25.5	=	214
215 - 221	155	+	39.5	+	26.5	=	221
222 - 228	160	+	41	+	27	=	228
229 - 235	165	+	43	+	28	=	235
236 - 242	170	+	43	+	29	=	242
243 - 250	175	+	45	+	30	=	250
251 - 257	180	+	46.25	+	30.75	=	257
258 - 264	185	+	47.5	+	31.5	=	264
265 - 271	190	+	48.5	+	32.5	=	271
272 - 278	195	+	50	+	33		278
279 - 285	200	+	51	+	34		285

**NOTE: Be sure to mix water and TVP ... Let stand at least ten minutes ... Mix with meat.**

- Developed by Vic Gruden in cooperation with the Division of School & Community Nutrition, Department of Education.



**LASAGNA \***  
(With 30% textured vegetable protein product)

1 piece – 2 by 3 ¾ inches provides the equivalent of a 2 oz. serving of cooked lean meat.

INGREDIENTS	WEIGHTS	MEASURES	
Onions, chopped	1 lb. 2 oz.	3 cups	
Oil, <u>or</u> melted fat	4 oz.	½ cup	
Tomato puree	5 lb.	2 ¼ qt.	
Tomato paste	3 lb. 8 oz.	1 ½ qt.	
Water		1 ¼	
Sugar	1 ¾ oz.	¼ cup	
Salt	5 ¼ oz.	½ cup	
Worcestershire sauce		1 Tbsp.	
Garlic powder (if desired)		2 tsp.	
Ground beef	5 lb. 10 oz.		
Salt	2 oz.	3 Tbsp.	
Pepper		1 tsp.	
Cheese, diced	7 lb. 8 oz.		
Vegetable protein product (colored, unflavored)	1 lb.		
Water		2 ¾ cups	
Uncooked lasagna noodles	4 lb.		

**DIRECTIONS:**

1. Cook onions in fat until the onions are clear.
2. Combine onions, puree, paste, water, sugar, and seasonings.  
Let stand covered 24 hours in refrigerator.
3. Season meat with salt and pepper. Brown meat lightly. DRAIN.
4. Blend cheese, water and vegetable protein product with meat and sauce.
5. Pour about 1 qt. meat-cheese sauce in each of 4 greased baking pans (about 12" x 20" x 2")
6. Cover with a layer of noodles (about 8 per pan).  
Repeat layers of sauce, noodles and end with layer of sauce.
7. Cover pans tightly with lid or foil and bake 1 hour 10 minutes at 350° F
8. Let stand 15 to 30 minutes before cutting for easier serving.

**TIP:** A thin coating of butter or margarine keeps the cut surfaces of cheese moist.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	235	Iron.....	2.07 Mg	Protein.....	12.08 G	20.57%
Cholesterol.....	15 Mg	Calcium.....	214.00 Mg	Carbohydrates.....	28.06 G	47.78%
Sodium.....	1045 Mg	Vitamin A.....	206 RE	Total Fat .....	8.53 G	32.69%
Fiber.....	1.84G	Vitamin C.....	9.36 Mg	Saturated Fat.....	2.57 G	9.48%

- Recipe adapted by Consumer and Food Economics Research Division Agricultural Research Service, U. S. Department of Agriculture.

**PIZZA \***  
(with 30% textured vegetable protein product)

1 piece, 3 ¼" by 5" provides the equivalent of a 2 oz. serving of cooked lean and a serving of bread.

INGREDIENTS	WEIGHTS	MEASURES	
Compressed yeast, <u>or</u>	4 oz.	½ cup	
Active dry yeast	1 ¾ oz.	1/3 cup	
Warm water (Temp. 110°)	5 lb.	2 cups	
All-purpose flour	4 lb. 4 oz.	4 ¼ qt.	
Nonfat dry milk	3 ¾ oz.	¾ cup	
Sugar	1 oz.	2 1/3 Tbsp.	
Salt	1 ¼ oz	2 Tbsp.	
Shortening	7 oz.	1 cup	
Water (Temp. 65°)		2 ¾ cup	
Ground beef	6 lb. 2 oz.		
Tomato paste	4 lb. 12 oz.	2 qts.	
Oregano		1 Tbsp.	
Garlic powder, if desired	2 ¼ oz.	¾ tsp.	
Vegetable protein product (colored, unflavored)	1 lb. 1 oz.	1/3 cup	
Water		3 cups	
Cheese	6 lb. 4 oz.	1 gal. 2 ¼ qt.	

**DIRECTIONS:**

1. Prepare yeast dough.
2. Cut into 4 equal balls.
3. Roll each ball of dough thin. Line 4 sheet pans (about 18" by 26") with dough.
4. Brown meat 25 minutes at 400° F. (hot oven). DRAIN.
5. Mix tomato paste, seasonings, sugar, vegetable protein product and water; add to cooked meat.  
MIX WELL
6. Spread warm filling, about 3 lb. 3 oz. on each pan of dough.
7. Bake about 15 minutes (until bottom of dough is light brown) at 425° F. (hot oven).
8. Top with shredded cheese, 1 lb. 9 oz. (1 ½ qt.) per pan, and bake 5 minutes longer.

**TIP:** A thin coating of butter or margarine keeps the cut surfaces of cheese moist.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	224	Iron.....	2.41 Mg	Protein.....	15.99 G	28.56%
Cholesterol.....	25 Mg	Calcium.....	216.20 Mg	Carbohydrates.....	20.54 G	36.68%
Sodium.....	193 Mg	Vitamin A.....	85 RE	Total Fat .....	8.66 G	34.81%
Fiber.....	1.91G	Vitamin C.....	8.94 Mg	Saturated Fat.....	3.67 G	14.73%

- Recipe adapted by Consumer and Food Economics Research Division Agricultural Research Service, U.S. Department of Agriculture.

**PIZZA SAUCE \***

Makes 100 servings.

Bake in 350° oven.

Each serving provides 2 oz. protein and Cut 20 servings per 18" x 26" pan

**INGREDIENTS****MEASURES**

Canned tomatoes  
Tomato paste  
Water  
Garlic powder  
Onion powder  
Black pepper  
Salt  
Basil  
Oregano  
Butter

3 - # 10 cans  
1 - # 10 can  
6 cups  
3 Tbsp.  
3 Tbsp.  
1 ½ tsp.  
3 Tbsp.  
6 Tbsp.  
6 Tbsp.  
1 ½ cup

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**DIRECTIONS:**

1. Mash tomatoes to a pulp. Heat tomatoes, paste, water and all seasonings to boiling; reduce heat and simmer until sauce thickens (about the consistency of thick cream).
2. Spread 1 qt. of sauce on each 18" x 26" x 1" pan of pizza dough. Cover with lightly browned ground beef. Use 2 lbs. (special purchase) ground beef per pan and 1 lb. shredded cheese. Bake at 350° F.
3. Cook until crust is lightly browned. Cut 20 servings per pan.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	64	Iron.....	1.40 Mg	Protein.....	1.81 G	11.36%
Cholesterol.....	0 Mg	Calcium.....	33.82 Mg	Carbohydrates.....	8.92 G	56.12%
Sodium.....	343 Mg	Vitamin A.....	116 RE	Total Fat .....	3.03 G	42.85%
Fiber.....	2.11G	Vitamin C.....	21.53 Mg	Saturated Fat.....	0.61 G	8.65%

- Submitted by Mrs. Helen Clark, Manager, Butler High School, Jefferson Co., KY.

**TACOS \***

Makes 200 individual tacos – No. 30 Scoop.

2 tacos gives 2 oz protein-rich food.

Bake in 400° regular oven.  
Or, Bake in 375° convectional oven.

INGREDIENTS	WEIGHTS	MEASURES	
Ground beef **	12 lbs.		
Onions, chopped			
Vinegar		1/3 cup	
Tomato paste		½ - # 10 can	
Worcestershire sauce		¼ cup	
Tabasco sauce		½ cup	
Allspice		1/8 tsp.	
Cinnamon		¾ cup	
Celery salt		½ Tbsp.	
Garlic salt		1 Tbsp.	
Sugar, granulated	¼ lb.		
Salt		1/3 cup	
Onion salt		1/8 tsp.	
Pepper		1 tsp.	
Chili powder		¼ cup	
Cheese, grated	4 lbs.		
Lettuce, shredded	5 ½ lbs.		
Tomato, diced or chopped	2 ½ lbs.		
Dressing, sweet sour – recipe on next page		¼ gal.	
Tabasco sauce		2 ¼ tsp.	

\*\* Red kidney beans may be used as a protein alternate if desired.

Seasoning Mix can be used instead of individual spices.

**DIRECTIONS:**

1. Brown meat and onions. Add vinegar, tomato paste, Worcestershire sauce, and Tabasco sauce.
2. Combine all spices and add to meat mixture.
3. Cook down but do not dry out. Cool.
4. Blend cheese into meat mixture using dough hook on mixer or spoon.
5. Place taco shell open – end up in pan.
6. Put 1 No. 30 scoop into each shell.
7. Heat in 375° F. convection oven or 400° F. regular oven 10 – 15 minutes until mixture is hot but shells don't burn.
8. Pre-portion lettuce and tomato into 4 oz. serving cup or serve on line directly into taco shells over meat and cheese mixture.
9. Mix remaining Tabasco sauce with dressing and put on lettuce.

<b>Number of Portions</b>	<b>200</b>
<b>Size of Portion</b>	<b>2 tacos/2 oz.</b>

Calories.....	94	Iron.....	0.99 Mg	Protein.....	6.80 G	29.03%
Cholesterol.....	22 Mg	Calcium.....	67.64 Mg	Carbohydrates.....	5.24 G	22.37%
Sodium.....	218 Mg	Vitamin A.....	61 RE	Total Fat .....	5.18 G	49.71%
Fiber.....	0.85 G	Vitamin C.....	5.71 Mg	Saturated Fat.....	2.52 G	24.18%

- Mrs. Alma Schaftlain, Manager, St. Lawrence Elem. School, Jefferson Co., KY recommends using a Seasoning Mix instead of individual spices.

**TACO SWEET SOUR DRESSING \***

(Dressing to be used with tacos)

Makes 1 ½ gal.

INGREDIENTS	WEIGHTS	MEASURES	
Salad dressing		1 gal.	_____
Sugar, granulated	3 lbs.		_____
Vinegar		2 cups	_____
Salt		1 Tbsp.	_____

**DIRECTIONS:**

1. Mix thoroughly. Sugar should be dissolved.
2. Add to cabbage or lettuce salad.
3. Use this dressing with tacos.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	200	Iron.....	0.08 Mg	Protein.....	0.34 G	0.68%
Cholesterol.....	10 Mg	Calcium.....	5.44 Mg	Carbohydrates.....	22.82 G	45.69%
Sodium.....	338 Mg	Vitamin A.....	32 RE	Total Fat .....	12.56 G	56.58%
Fiber.....	0.00 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	1.84 G	8.30%

- Submitted by Mrs. Dorothy Rennirt, Manager, Fairdale High School, Jefferson Co., KY who brought this recipe from the ASFSA Convention in Minneapolis, MN, 1971.

**TACO SALAD \***

Makes 100 portions.

<b>INGREDIENTS</b>	<b>WEIGHTS</b>	<b>MEASURES</b>	
Ground beef	13 ½ lbs.		
Salad Oil		As needed	
Onion, chopped	5 lbs.	3 ¼ qts. (6 cups)	
Canned tomato paste		½ - # 10 can	
Water		1 ½ qts. (6 cups)	
Chili powder		1/3 cup	
Salt		1/3 cup	
Corn chips		3 gal. 2 cups	
Shredded Lettuce	9 lbs.	4 ½ gal.	
American Cheese	3 ¼ lbs.	3 ¼ qts.	

**DIRECTIONS:**

1. Lightly brown ground beef in steam kettle with lid raised. If steam kettle is not available, brown in a heavy kettle or saucepan. Stir meat while browning.
2. Add onions and cook until wilted.
3. Add tomato paste, water, chili powder, and salt; Simmer 20 to 30 minutes. If necessary, add more water.
4. Make salad using ½ cup corn chips topped with 2 oz. cooked meat mixture, lettuce, and 2 Tablespoons of shredded cheese. If desired garnish with a ripe olive.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	267	Iron.....	1.78 Mg	Protein.....	15.15 G	22.66%
Cholesterol.....	45 Mg	Calcium.....	132.73 Mg	Carbohydrates.....	13.24 G	19.81%
Sodium.....	743 Mg	Vitamin A.....	125 RE	Total Fat .....	17.19 G	57.85%
Fiber.....	1.90 G	Vitamin C.....	10.80 Mg	Saturated Fat.....	5.66 G	19.05%

- Submitted by Mrs. Ina Fulkerson, Former Director, Grayson County School Food Service Program, Leitchfield, KY. Recipe is from *School Food Service Journal*, January 1974.

**BARBECUED MEAT \***

Makes 100 servings – 1/3 cup.  
2 oz. meat each serving

1 teaspoon butter or margarine

**INGREDIENTS****MEASURES**

Fat or oil	½ cup	
Vinegar	1 ¼ cup	
Water	1 ½ qts.	
Catsup, ripe tomato	2 ½ qts.	
Brown Sugar	1 cup, packed	
Chopped onion	2 cups	
Chopped celery	2 qts.	
Powdered dry mustard	¼ cup	
Salt	¼ cup	
Chopped cooked lean meat, <u>or</u> cooked ground beef ** (17 lbs. before cooking)	2 ½ gal.	
Round buns	100	
Melted butter or margarine	2 cups (1 lb. 2/3 oz)	

\*\* Canned Pork and Gravy, Canned Beef and Gravy, Cooked Chicken or Cooked Turkey may be used, Chop meat, heat and drain off fat. Salt should be omitted if canned meat is used.  
Use 10 – 29 oz. cans.

**DIRECTIONS:**

1. Combine first nine ingredients. Heat thoroughly, does not cook enough to soften vegetables.
2. Add meat to the sauce. Reheat. Portion with a No. 12 scoop.
3. Serve between halves of a hot buttered bun.

**TIPS:**

- Grind foods as onions, meats & cheese for sandwiches. Saves time & gives uniform results.
- After using the meat chopper, put several pieces of bread through the grinder. This will aid in cleaning fat and grease out of the grinder.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	231	Iron.....	2.36 Mg	Protein.....	16.01 G	27.70%
Cholesterol.....	45 Mg	Calcium.....	55.92 Mg	Carbohydrates.....	20.52 G	35.50%
Sodium.....	158 Mg	Vitamin A.....	59 RE	Total Fat .....	9.16 G	35.65%
Fiber.....	1.23 G	Vitamin C.....	3.30 Mg	Saturated Fat.....	3.87 G	15.08%

- Adapted from *Recipes for Type-A School Lunches*, USDA, PA 271, June 1955

**School Food Service Journal**, Published by American School Food Service Association, 4101 E. Illiff Ave., Denver Colorado, 80222, has recipes that have been used in preparing food served children in each issue - - try them.

**BEEF-A-RONI \***

Makes 100 servings.

2 oz. meat each serving – 1/8 cup vegetable

INGREDIENTS	WEIGHTS	MEASURES	
Macaroni	5 lbs.		
Ground beef (20 to 25% fat)	15 1/8 lb.		
Tomato puree		1 # 10 can	
Chopped onion		1/2 cup	
Celery seed		2 Tbsp.	
Chili powder		2 Tbsp.	
Cheese, grated	1 1/2 lbs.	1 1/2 qts. (or 6 cups)	

**DIRECTIONS:**

1. Cook macaroni following directions on Recipe Card-B-a; brown hamburger.
2. Cook tomato puree and seasonings over low heat.
3. Layer macaroni, hamburger, and grated cheese in 2 pans. 18" x 26" x 2".
4. Pour tomato mixture over all and bake 15 minutes at 350° F. Cut 50 servings per pan.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz.</b>

Calories.....	231	Iron.....	2.36 Mg	Protein.....	16.01 G	27.70%
Cholesterol.....	45 Mg	Calcium.....	55.92 Mg	Carbohydrates.....	20.52 G	35.50%
Sodium.....	158 Mg	Vitamin A.....	59 RE	Total Fat .....	9.16 G	35.65%
Fiber.....	1.23 G	Vitamin C.....	3.30 Mg	Saturated Fat.....	3.87 G	15.08%

- Submitted by Mrs. Helen Birchler, Manager, St. Frances of Rome Elem. School, Louisville, KY



**BARBECUE SAUCE FOR MEAT OR CHICKEN \***

Makes 1 gallon.

**INGREDIENTS****MEASURES**

Lemon juice

1 cup

Butter

½ cup

Sugar

2 ½ cups

Prepared mustard

Worcestershire sauce, if desired

½ cup

Salt

3 Tbsp.

Red pepper or cayenne pepper

1 Tbsp.

Black pepper

2 tsp.

Vinegar

2 qts. &amp; 1 cup (or 9 cups)

Tomato catsup

2 qts. &amp; 1 cup (or 9 cups)

**DIRECTIONS:**

1. Mix all ingredients except catsup. Boil 30 minutes, stirring occasionally.
2. Remove from heat; add catsup and MIX WHILE HOT.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>serving</b>

Calories.....	57	Iron.....	0.18 Mg	Protein.....	0.50 G	3.49%
Cholesterol.....	0 Mg	Calcium.....	4.82 Mg	Carbohydrates.....	12.45 G	87.35%
Sodium.....	497 Mg	Vitamin A.....	25 RE	Total Fat .....	0.98 G	15.40%
Fiber.....	0.32 G	Vitamin C.....	3.92 Mg	Saturated Fat.....	0.20 G	3.12%

- Submitted by Mrs. Velma Truitt, Franklin Elem. School, Paducah, KY

**BEEF CHOP SUEY \***

Makes 100 Servings.

INGREDIENTS	WEIGHTS	MEASURES	
Cubed lean beef	19 lbs.		
Chinese mixed vegetables		3 - # 10 cans	
Celery, fresh chopped		2 qts. (2 bunches)	
Onions, fresh chopped			
Vegetable, liquid and water		2 gal.	
Salt		¼ cup	
Pepper		1 ½ tsp.	
Corn starch		2 cups	
Soy sauce		1 ½ cups	
Chinese noodles **		10 - # 10 cans	

\*\* Rice may be used if desired. See *Buying Guide for Type-A Lunch*, PA-270, page 77, for amount to prepare to serve your school

**DIRECTIONS:**

1. Brown beef in steam kettle with lid raised or in skillet; put beef into steam table pans and finish cooking in oven.
2. Drain water from mixed vegetables; add water to make 3 ½ gallons in all. Add to meat and cook for 30 minutes at medium temperature. (350° F in oven).
3. Add celery, onions, salt, and pepper.
4. Blend cornstarch with cold water and stir into mixture. Cook for 20 minutes stirring frequently.
5. Add vegetables. Cook 10 minutes together.
6. Add soy sauce and stir. SERVE HOT.

\*\*\*\*\*

Spread ground meat evenly over the entire surface of an 18" x 26" baking pan, cover with wax paper, and flatten with a rolling pin. Cut into square hamburger portions before cooking.

\*\*\*\*\*

Patties can also be flattened with the bottom of a can dipped in cold water. Use both hands, a can in each one.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	560	Iron.....	5.69 Mg	Protein.....	20.23 G	14.44%
Cholesterol.....	36 Mg	Calcium.....	65.79 Mg	Carbohydrates.....	53.43 G	38.14%
Sodium.....	1140 Mg	Vitamin A.....	544 RE	Total Fat .....	31.01 G	49.80%
Fiber.....	5.91 G	Vitamin C.....	40.17 Mg	Saturated Fat.....	5.19 G	8.33%

- Submitted by Mrs. Ernestine King, Manager, School Food Service Program, Kentucky Country Upper School, Louisville from *School Food Service Journal*, June 1972.

**CHILI \***

Makes 100 – 1 cup servings.  
2 oz. meat and meal alternate

INGREDIENTS	WEIGHTS	MEASURES	
Cooked red kidney beans, <u>or</u>			
pinto beans **	4 lbs.		
Coarsely ground beef	10 lbs.		
Water		2 ½ gal.	
Tomato paste***		1 - # 10 can	
Fresh garlic, ground, (if desired)		½ cup	
Fresh onions, ground		3 cups	
Fresh green peppers, ground		1 large	
Paprika		¼ cup	
Chili powder			
Cumin, ground (if desired)		¼ cup	
Oregano, ground (if desired)		2 tsp.	
Salt		½ cup	
Sugar		½ cup	
Spaghetti, broken		2 lbs.	

\*\* Navy, pinto, or pea beans may be substituted for red kidney beans.

\*\*\* Four #10 cans of canned chopped tomatoes may be substituted for the tomato paste. If this substitution is made, use less water.

**DIRECTIONS:**

1. See Card D-1, Steps 1 – 4.
2. Place ground beef in steam kettle and brown with lid raised. If steam kettle is not available, brown in a heavy kettle or sauce pan. Stir meat while browning.
3. Add beans with water to browned beef. Add other ingredients in order listed in recipe.
4. Cook mixture 1 ½ hours to 2 hours or until beans are tender.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>1 cup</b>

Calories.....	86	Iron.....	1.76 Mg	Protein.....	3.55 G	16.57%
Cholesterol.....	0 Mg	Calcium.....	24.01 Mg	Carbohydrates.....	17.82 G	83.29%
Sodium.....	6.55 Mg	Vitamin A.....	123 RE	Total Fat .....	0.63 G	6.62%
Fiber.....	3.13 G	Vitamin C.....	16.10 Mg	Saturated Fat.....	0.19 G	0.98%

- Submitted by Mrs. Grace Adams, Former Manager, Thomas Jefferson High School Lunch Program, Jefferson Co., KY.

**HAMBURGERS \***  
(Using Rolled Wheat or Rolled Oats)

Makes 100 servings.

Portion with #12 dipper (1/3 cup)

Bake in 400° oven.

**INGREDIENTS**

**WEIGHTS**

**MEASURES**

Ground beef

17 ½ lbs.

Rolled wheat

2 lbs. 4 oz.

3 qts.

Cold water

1 qt.

Tomato paste

1 qt.

Chopped onion

10 oz.

2 cups

Monosodium glutamate, if desired

2 Tbsp.

Salt

¼ cup

Pepper

2 tsp.

**DIRECTIONS:**

1. Combine ingredients thoroughly in mixing bowl.
2. Portion with #12 dipper; flatten into a pattie about 3" across or pat in 18" x 26" x 1" baking pan and cut in squares. (25 per pan)
3. Bake at 400° F. about 10 minutes.
4. Serve on hot hamburger buns.

**TIPS:**

- To prepare meat patties shape meat into loaf and slice or use scoop.
- Oven fry meat patties, chicken, bacon when possible to save time and handling by worker.
- Wrap meat in *foil* before storing in freezer or refrigerator – brown paper or waxed paper softens and sticks – this is especially true of ground meat.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>1/3 cup</b>

Calories.....	212	Iron.....	2.35 Mg	Protein.....	16.58 G	31.31%
Cholesterol.....	46 Mg	Calcium.....	20.49 Mg	Carbohydrates.....	14.68 G	27.72%
Sodium.....	331 Mg	Vitamin A.....	26 RE	Total Fat .....	9.51 G	40.41%
Fiber.....	2.51 G	Vitamin C.....	4.65 Mg	Saturated Fat.....	3.43 G	14.58%

- Adapted from *Rolled Wheat Recipes for Mass Feeding.*

**JOHNNY MARZETTI \***

Makes 100 servings.  
(2 pans, 12" x 23" x 2")

Bake in 350° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Noodles	5 lbs.		
Water		2 ½ qts. or 10 cups	
Salt		2 ½ Tbsp.	
Ground beef	15 lbs.		
Celery, chopped		1 qt. or 4 cups	
Onions, chopped	1 ¾ lbs.	1 qt. or 4 cups	
Tomato puree		2 ½ qts (or 10 cups)	
Pepper		1 ½ Tbsp.	
Cheese, grated	2 lbs.	2 qts. or 8 cups	

**DIRECTIONS:**

1. Boil noodles in salted water until tender. Drain and spread evenly in four greased baking pans.
2. Brown meat in a small amount of fat. Add seasonings, celery, onions, and puree. Simmer on top of stove about 10 minutes.
3. Spread over noodles in 2 baking pans, 12" x 20" x 2". Top with cheese and bake in 350° oven for 30 minutes.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>serving</b>

Calories.....	240	Iron.....	2.43 Mg	Protein.....	16.63 G	27.69%
Cholesterol.....	67 Mg	Calcium.....	71.81 Mg	Carbohydrates.....	20.01 G	33.32%
Sodium.....	220 Mg	Vitamin A.....	57 RE	Total Fat .....	10.20 G	38.21%
Fiber.....	1.32 G	Vitamin C.....	3.35 Mg	Saturated Fat.....	4.34 G	16.26%

- Submitted by Mrs. Margaret Buckner, Director, Taylor County School Lunch Program.

***MEAT LOAF \****  
(Using Rolled Wheat)

Makes 100 servings; 1 serving: 2" x 2"  
2 pans (12" x 20" x 4")  
Makes 20 oz. protein rich food.

Bake in 300° oven..

**INGREDIENTS**

**WEIGHTS**

**MEASURES**

Ground beef  
Nonfat dry milk  
Rolled wheat or oats  
Shell eggs \*\*  
Onion, chopped  
Tomato juice  
Salt  
Pepper  
Water

15 lbs.  
  
2 ¼ lbs.

1 ½ cups  
  
24  
4 cups  
1 gal. (or 16 cups)  
½ cup  
2 tsp.  
5 1/3 cups

\*\* 4 cups sifted dry whole eggs and 4 cups water may be substituted for 42 shell eggs

**DIRECTIONS:**

1. Combine all ingredients except water and mix. Add water and blend.
2. Spread in greased pans and bake at 300° F. for 1 ½ hrs or until done.
3. Cut in squares and serve.

**TIPS:**

- Meatloaf is more easily served if it is sliced before baking.
- Adding a small amount of nutmeg to meatloaf improves the flavor.
- Remember to thaw frozen ground beef in the refrigerator allowing 24 – 48 hours for thawing 12 – 15 lb. blocks of ground beef. Cover leftover meat when storing in refrigerator.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 oz. serving</b>

Calories.....	268	Iron.....	2.25 Mg	Protein.....	22.56 G	33.72%
Cholesterol.....	220 Mg	Calcium.....	161.20 Mg	Carbohydrates.....	9.18 G	13.72%
Sodium.....	963 Mg	Vitamin A.....	105 RE	Total Fat .....	15.20 G	51.10%
Fiber.....	0.28 G	Vitamin C.....	9.93 Mg	Saturated Fat.....	4.66 G	15.67%

- Adapted from *Rolled Wheat Recipes for Mass Feeding*, Kansas Wheat Commission, 201 West First Street, Hutchinson, Kansas.

*MEAT SPAGHETTI SAUCE \**

Makes 175 servings, approximately 2/3 cup.

2 oz. meat and cheese and 1/8 cup vegetable each serving

**INGREDIENTS****MEASURES**

Tomato soup	4 – 5 lb. cans (tall)	
Tomato paste	1 - # 10 can	
Water	1 ½ gal.	
Garlic salt	4 tsp.	
Sugar	2 Tbsp.	
Salt	6 ½ Tbsp.	
Onions, chopped	1 cup	
Green peppers, chopped	1 cup	
Cinnamon	1 Tbsp.	
Black pepper	1 Tbsp.	
Bay leaves	1 Tbsp.	
Hamburger	25 lbs.	
Cheese, grated	5 ¾ lbs.	

**DIRECTIONS:**

1. Bring all ingredients except hamburger and cheese to boil in steam kettle, turn heat on low and let simmer overnight.
2. Add 25 lbs. of ground hamburger and simmer. Add cheese as meat sauce is served

**TIP:** Slice frozen ground beef for hamburger patties to save portioning and shaping. Place frozen beef in refrigerator the day before it is to be used. It will be thawed enough to slice the next morning.

<b>Number of Portions</b>	<b>175</b>
<b>Size of Portion</b>	<b>2/3 cup</b>

Calories.....	175	Iron.....	1.72 Mg	Protein.....	14.34 G	32.69%
Cholesterol.....	47 Mg	Calcium.....	98.70 Mg	Carbohydrates.....	5.75 G	13.11%
Sodium.....	301 Mg	Vitamin A.....	81 RE	Total Fat .....	10.57 G	54.22%
Fiber.....	0.88 G	Vitamin C.....	12.14 Mg	Saturated Fat.....	4.95 G	25.40%

- Submitted by Mrs. Kathleen Short, Consultant, School Food Service, Jefferson Co., KY.

**CHICKEN SALAD \***

Makes 120 servings.

Each serving provides 2 oz. protein.

**INGREDIENTS****MEASURES**

Chicken, canned  
(Special purchase)

10 – 29 oz. cans

Celery, diced

2 qts.

Pickle relish

2 pts.

Shell eggs (hard cooked)

20

Mayonnaise

as needed

Lettuce – leaf or shredded

**DIRECTIONS:**

1. Drain chicken, slice in 1 inch slices and break up with fork.
2. Add other ingredients except mayonnaise and mix lightly.
3. Add just enough mayonnaise to hold ingredients together.
4. Serve on lettuce leaf or shredded lettuce.

<b>Number of Portions</b>	<b>120</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	199	Iron.....	1.10 Mg	Protein.....	18.94 G	38.06%
Cholesterol.....	40 Mg	Calcium.....	15.22 Mg	Carbohydrates.....	3.88 G	7.80%
Sodium.....	242 Mg	Vitamin A.....	34 RE	Total Fat .....	11.69 G	52.87%
Fiber.....	0.39 G	Vitamin C.....	0.74 Mg	Saturated Fat.....	2.25 G	10.19%

- From Murray University Workshop, Murray, KY, Summer, 1972



**BAKED CHICKEN OR TURKEY AND NOODLES \***

Makes 100 servings.  
 (2 oz. meat and cheese each serving)  
 2 steam table pans 12" x 20" x 2"

Bake in 350° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Chicken or turkey, \*\*

(without bone or skin or giblets, cooked)

Noodles

Salt

Boiling water

**SAUCE**

Butter

Flour

Hot stock

Milk

Salt

Pepper

Bread crumbs

Butter, melted

Cheese, grated or ground

11 ½ lbs or

4 lbs.

1 ½ lbs.

1 ¾ lbs.

1 lb.

1 lb.

8 – 29 oz. cans

1 ¾ gals.

3 Tablespoons

1 ¾ qts.

2 gal.

2 qts.

6 Tbsp.

1 Tbsp.

2 qts.

4 cups

\*\* Canned chicken may be used, If donated chicken is used, open both ends of the can draining off liquid and shoving contents from can. Slice chicken on slicer or use a sharp knife and spread slices over noodles so that each serving will be 2 oz.

**DIRECTIONS:**

1. Weigh cooked drained chicken or turkey. Cook noodles in boiling salt water and drain.
2. Melt butter, add flour and blend. Stir in hot broth. Use chicken broth if available or liquid from can if canned chicken is used or instant chicken bullion.) Add milk, salt and pepper.
3. Grease steam table pans, layer noodles in pan, cover with chicken, add sauce.
4. Mix crumbs, butter, and cheese. Layer over chicken.
5. Bake 30 minutes or until cheese melts.
6. Cut 50 servings from each 12" x 20" x 2" steam table pan.

<b>Number of Portions</b>
<b>Size of Portion</b>

<b>100</b>
<b>servings</b>

Calories.....	298	Iron.....	1.73 Mg	Protein.....	19.94 G	26.75%
Cholesterol.....	57 Mg	Calcium.....	76.74 Mg	Carbohydrates.....	19.52 G	26.19%
Sodium.....	1366 Mg	Vitamin A.....	75 RE	Total Fat .....	15.08 G	45.54%
Fiber.....	0.86 G	Vitamin C.....	0.26 Mg	Saturated Fat.....	3.91 G	11.79%

- Mrs. Barbara Sapp, Former School Food Service Vocational Teacher, Jefferson Co., KY.

**CHICKEN ROLL \***

Makes 100 servings.  
Serving: 2" x 3 ¾"

Bake in 400° oven.  
12" x 20" x 2" pans

INGREDIENTS	WEIGHTS	MEASURES	
Chicken broth		2 gal. (or 32 cups)	_____
Butter or chicken fat	1 lb.	2 cups	_____
Flour	8 oz.	2 cups	_____
Salt **	1 ½ oz.	3 Tbsps.	_____
Cooked chicken, diced ***	12 ½ lbs.	9 ½ qts.	_____
Flour	8 lbs.	8 qts. (or 32 cups)	_____
Shortening	3 lbs.	6 cups	_____
Water		1 cup	_____
Salt		1 ½ tsps.	_____

\*\* If chicken has been salted during cooking, use 2 Tbsp. salt in gravy.

\*\*\* 26 lbs. dressed, ready-to-cook chicken will yield 12 ½ lbs. cooked diced chicken or 9 – 29 oz. cans special purchase chicken.

**DIRECTIONS:**

1. Make gravy from first four ingredients. Melt butter or fat, add flour and salt to make a paste. Add hot broth to other ingredients. Stir and cook until thickened; about 15 minutes. (This is a thin gravy.)
2. Put flour and salt in mixing bowl and cut in shortening. Add water enough to cause dough to stick together. Do not over mix.
3. Roll crust in a thin sheet in shape of pan. Line baking pan with crust.
4. Spread with chicken. Cover with gravy.
5. Cover with top crust. Make vents in crust.
6. Bake 1 ½ hours in 400° F. oven or until crust is done and brown.

**TIP:** Use a whip beater to smooth gravies and sauces.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	406	Iron.....	2.63 Mg	Protein.....	21.03 G	20.71%
Cholesterol.....	47 Mg	Calcium.....	17.03 Mg	Carbohydrates.....	29.89 G	29.44%
Sodium.....	568 Mg	Vitamin A.....	12 RE	Total Fat .....	21.75 G	48.20%
Fiber.....	1.05 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	5.89 G	13.05%

- Kentucky School Food Service Association, Recipe Contest Bulletin, 1958.

**OVEN CRUSTY CHICKEN \***

Makes 100 servings.

(Serve 1 meaty piece and 1 bony piece)

Each serving – 2 oz. cooked lean meat

**INGREDIENTS****WEIGHTS****MEASURES**

Chicken, fryer, cut up

17 lbs.

(2 ½ lb. avg.)

Butter

5 lbs.

2 ½ qts. (or 10 cups)

Salt

1/3 cup

Pepper, black

1 Tbsp.

Cornflake crumbs, if desired

**DIRECTIONS:**

1. Wash, trim, and drain chicken pieces. Melt butter, mix with salt and pepper.
2. Place chicken, skin side up, in shallow buttered baking pans.
3. Brush with seasoned butter and coat with cornflake crumbs or flour and dry milk.
4. Bake about 1 hour or until tender and brown. Do not cover pan or turn chicken.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	270	Iron.....	2.11 Mg	Protein.....	16.21 G	24.05%
Cholesterol.....	50 Mg	Calcium.....	15.00 Mg	Carbohydrates.....	4.73 G	7.01%
Sodium.....	692 Mg	Vitamin A.....	231 RE	Total Fat .....	20.34 G	67.92%
Fiber.....	0.02 G	Vitamin C.....	4.07 Mg	Saturated Fat.....	3.92 G	13.09%

- Adapted from Corn Flake Crumbs by Kellogg's, Battle Creek, MI.

**SLICED TURKEY \***

Makes approximately 100 servings.  
1 slice light and 1 slice dark meat

Bake in 350° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Turkey, dressed

40 lbs.

Salt

6 oz.

$\frac{3}{4}$  cup

Butter

$\frac{1}{2}$  lb.

1 cup

**DIRECTIONS:**

1. Thaw turkey in refrigerator, wash turkeys and cut into pieces.
2. Salt and rub with butter, place skin side up in pans. Cover pans loosely with foil.
3. Bake at 350° F. until tender and juices are clear.
4. Remove skin and bone from breast, while hot; cool quickly. REFRIGERATE

**For dark meat:**

1. Remove skin and bones while hot. Put in large mixer bowl. Using flat beater, mix until meat is in small pieces.
2. Add enough hot broth to moisten meat. Shape meat in loaves in bake pan.
3. Slice breast and dark meat for serving; refrigerate until needed on line.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	216	Iron.....	0.73 Mg	Protein.....	40.82 G	75.75%
Cholesterol.....	74 Mg	Calcium.....	13.23 Mg	Carbohydrates.....	0.00 G	%
Sodium.....	3463 Mg	Vitamin A.....	2 RE	Total Fat .....	4.63 G	19.31%
Fiber.....	0.00 G	Vitamin C.....	0.00 Mg	Saturated Fat.....	1.24 G	5.17%

- Submitted by Mrs. Margaret Buckner, Former Director, School Lunch Program, Taylor Co., KY.

***TURKEY NUT SALAD \****

Makes 100 servings (1/2 cup).  
2 oz. meat each serving

**INGREDIENTS****WEIGHTS****MEASURES**

Chopped cooked turkey

(without skin, giblets or neck meat)

12 ½ lbs.

2 ½ gal.

Salt

2 oz.

¼ cup

Diced celery

1 ½ lbs.

4 ½ cups

Chopped sweet pickles

1 ¾ lbs.

1 qt. (or 4 cups)

Diced green peppers

1/3 lb.

1 cup

Chopped pecans or unsalted peanuts

1 ¼ lb.

1 ¼ qt. (or 5 cups)

Mayonnaise

5 lbs.

2 ½ qts.

**DIRECTIONS:**

1. Blend all ingredients and chill.
2. Portion with a No. 8 scoop (1/2 cup) and serve on lettuce.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>servings</b>

Calories.....	273	Iron.....	0.60 Mg	Protein.....	13.59 G	19.93%
Cholesterol.....	36 Mg	Calcium.....	5.91 Mg	Carbohydrates.....	5.91 G	8.66%
Sodium.....	1349 Mg	Vitamin A.....	25 RE	Total Fat .....	22.09 G	72.89%
Fiber.....	0.85 G	Vitamin C.....	5.75 Mg	Saturated Fat.....	2.47 G	8.14%

- Submitted by Mrs. Kathleen Short, Consultant, School Food Service Program, Jefferson Co., KY.

**BAKED PORK CHOPS OR PORK STEAKS \***

Makes 100 servings.

Bake in 350° oven.

2 oz. cooked lean meat each serving

**INGREDIENTS****WEIGHTS****MEASURES**

Butter	1 lb.		
Chili sauce		1 pt.	
Tomato catsup		1 pt.	
Worcestershire sauce		1 cup	
Mustard, prepared		1 cup	
Salt	4 oz.		
Cayenne Pepper		½ tsp.	
Water		1 pt.	
Pork Chops	25 lbs.	100 chops	

**DIRECTIONS:**

1. Make sauce. Grease 18" x 26" x 1" sheet baking pans.
2. Dip chop in sauce, place on pan with the undipped side down.
3. Bake at 350° F. for 30 minutes or until done.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>1 each</b>

Calories.....	338	Iron.....	2.01 Mg	Protein.....	24.83 G	29.42%
Cholesterol.....	106 Mg	Calcium.....	20.30 Mg	Carbohydrates.....	4.38 G	5.19%
Sodium.....	1080 Mg	Vitamin A.....	67 RE	Total Fat .....	23.78 G	63.42%
Fiber.....	0.16 G	Vitamin C.....	2.24 Mg	Saturated Fat.....	7.15G	19.05%

- Submitted by Mrs. Ella Smith, Manager, Fern Creek High School, Jefferson Co., KY.

**SPANISH SAUCE \***

Makes 100 servings.

**INGREDIENTS**

Onions, chopped  
Canned tomatoes  
Celery, diced  
Green pepper, chopped  
Salt

**MEASURES**

1 pt. (or 2 cups)  
1 - # 10 can  
3 qts. (or 12 cups)  
1 pt. (or 2 cups)  
2 Tbsps.

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**DIRECTIONS:**

1. Mix all ingredients and cook until vegetables are tender. Makes a great sauce w/baked fish and other meats as well.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>2 Tbsps.</b>

Calories.....	12	Iron.....	0.27 Mg	Protein.....	0.66 G	22.29%
Cholesterol.....	0 Mg	Calcium.....	9.75 Mg	Carbohydrates.....	2.60 G	88.16%
Sodium.....	212 Mg	Vitamin A.....	15 RE	Total Fat .....	0.09 G	6.64%
Fiber.....	0.54 G	Vitamin C.....	7.04 Mg	Saturated Fat.....	0.01 G	1.10%

- Submitted by Ms. Virginia Wheeler, Former Director, Jefferson Co., KY School Lunch Program.

**POTATO PUPS \***

Makes 100 servings – 8 per pound.

Bake in 450° oven.

**INGREDIENTS****WEIGHTS****MEASURES**

Potatoes, as purchased

15 lbs.

Onion, finely chopped

1 ¼ cups

Parsley, finely chopped

1 ¼ cups

Mustard, prepared

6 2/3 Tbsp.

All meat frankfurters

12 ½ lbs. \*\*

100

Bacon, crumbled or cheese shredded

1 ¾ lbs.

\*\* 8 per pound

**DIRECTIONS:**

1. See Vegetable Section for preparation of mashed potatoes. See page 54, *Vegetables and Fruits*, Section
2. Add onion, parsley, and prepared mustard to mashed potatoes. MIX WELL
3. Cut frankfurters lengthwise but not completely through. Place franks on baking sheet and flatten.
4. Spread franks with ¼ cup (#16 scoop or dipper) of the mixture.
5. Garnish with crumbled bacon or shredded cheese.
6. Bake at 450° F. for 5 to 10 minutes or until light golden brown. SERVE HOT.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>1 each</b>

Calories.....	225	Iron.....	1.96 Mg	Protein.....	9.27 G	16.45%
Cholesterol.....	33 Mg	Calcium.....	69.50 Mg	Carbohydrates.....	23.08 G	40.96%
Sodium.....	518 Mg	Vitamin A.....	27 RE	Total Fat .....	11.02 G	43.99%
Fiber.....	1.16* G	Vitamin C.....	14.59 Mg	Saturated Fat.....	4.54 G	18.13%

- Submitted by Mrs. Ruby Vincill,, Former Director, Rowan Co. School Lunch Program, Morehead, KY.



**CORN DOGS I \***

Makes 100 servings.  
2 oz. protein rich food

Cook in 350° deep fat.

INGREDIENTS	WEIGHTS	MEASURES	
Flour		¾ gal. & 1 cup	_____
Sugar		1 ½ cups	_____
Baking powder		1/3 cup	_____
Salt		¼ cup	_____
Dry milk		2 ½ cup	_____
Corn meal		8 2/3 cup	_____
Shell eggs **		13	_____
Water		9 ¾ cup	_____
Cooking oil		1 1/3 cup	_____
Wieners (8 per lb.)	12 ½ lbs.	100	_____
Fat for deep frying			_____

\*\* Substitute 2 cups dried eggs and 2 cups of water for the eggs if desired.

**DIRECTIONS:**

1. Blend together dry ingredients.
2. Beat eggs, mix oil and water; add to dry ingredients.
3. Stir just enough to moisten dry ingredients.
4. Coat dry wieners in batter and drop into deep fat heated to 350° F.
5. Cook for 5 minutes or until golden.
6. Drain on absorbent paper and SERVE AT ONCE.

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>1 each</b>

Calories.....	301	Iron.....	2.77 Mg	Protein.....	10.60 G	14.07%
Cholesterol.....	54 Mg	Calcium.....	100.95 Mg	Carbohydrates.....	36.99 G	49.10%
Sodium.....	774 Mg	Vitamin A.....	18 RE	Total Fat .....	12.35 G	36.89%
Fiber.....	1.33* G	Vitamin C.....	0.26 Mg	Saturated Fat.....	3.72 G	11.10%

- Submitted by Sister Ann Bell, Former Director, Food Service Program, Louisville Catholic School Office, Louisville, KY.

**CORN DOGS II \***

Makes 100 servings.

Cook in 375° deep fat.

INGREDIENTS	WEIGHTS	MEASURES	
Dry milk		3 cups	_____
Flour		1 ½ gal. (or 6 qts.)	_____
Meal		1 gal. (or 4 qts.)	_____
Sugar		1 pt. (or 2 cups)	_____
Salt		8 tsps.	_____
Baking powder		½ cup	_____
Water		3 qts. & 2 cups (or 14 cups)	_____
Cooking oil		as required for frying	_____
Shell eggs **		2 doz.	_____
Wieners (8 per lb.)	12 ½ lbs.	100	_____

\*\* Substitute 2 dried eggs and 2 cups water for shell eggs, if desired

**DIRECTIONS:**

1. Mix dry ingredients, add beaten eggs and water.
2. Put wieners in hot water and allow to stand until heated through, approximately 10 minutes.  
Drain on paper towels; dry if necessary.
3. Dip dry wieners in batter. Fry in deep fat heated to 375° F. for 5 minutes or until brown.
4. Drain on paper towels. **SERVE HOT.**

<b>Number of Portions</b>	<b>100</b>
<b>Size of Portion</b>	<b>1 each</b>

Calories.....	377	Iron.....	3.96 Mg	Protein.....	13.78 G	14.62%
Cholesterol.....	77 Mg	Calcium.....	136.03 Mg	Carbohydrates.....	56.83 G	60.27%
Sodium.....	730 Mg	Vitamin A.....	32 RE	Total Fat .....	10.30 G	24.58%
Fiber.....	2.45* G	Vitamin C.....	0.30 Mg	Saturated Fat.....	3.44 G	8.21%

- Submitted by Mrs. Dorothy Rennirt, Manager, School Lunch Program, Fairdale High School, Jefferson Co., KY.